

CHS CHECKUP



A publication by and for employees of the Kentucky Cabinet for Health Services

Sept. 24, 2001

NEWS BRIEFS

DISTANCE COMMUNICATIONS AND LEARNING CENTER

A unique place within the HR Complex where individual employees and organizational units can learn and grow is opening on October 11. All employees will be invited to tour the new facility, watch this newsletter for a tour time schedule.

OPEN ENROLLMENT ENDS

Open enrollment dates for 2002 health insurance plans are Sept. 10 – 28. All state employees should have received information from insurance carriers as well as the forms. Please note that Sept. 28 is the deadline for turning in the forms.



TIP OF THE WEEK

Bone up on your Greens! Who says salads are just for staying slim? According to a Nurses' Health Study at Harvard Medical School, women who got plenty of vitamin K from lettuce and other green, leafy vegetables were less likely to develop osteoporosis. Those who ate lettuce at least once per day had a 45% lower risk of fracturing their hips than did those who ate lettuce only once per week. Vitamin K is essential for blood clotting and bone growth, and may inhibit the production of chemicals in the same bone-strengthening effect as a cup of lettuce.

Mental Health Institute Set For October 1-3 In Louisville

The 12th Mental Health Institute of Kentucky is Oct. 1-3 at the Hurstbourne Hotel in Louisville. The Institute is a partnership between the Division of Mental Health and the Regional Mental Health and Mental Retardation Boards to deliver state-of-the-art training to professional and other staff in community mental health centers. Phyllis Parker, a social worker in the Division of Mental Health, heads the planning effort for this major conference.

The Mental Health Institute is designed to increase and enhance the knowledge and understanding of practitioners, consumers, family members and others interested in mental health. The institute addresses areas such as adults with severe mental illness, children and

youth with severe emotional disabilities, victims and perpetrators of sexual or domestic violence, and persons with acquired brain injury.

Other items of interest on the program agenda include courses about brain injury, geriatric mental health, working with culturally diverse people, forensic case management for the criminal justice and mental health systems, and homeless women with dual diagnoses.

The Institute has agreements with all major behavioral health licensing boards for granting up to 15 continuing education units for conference attendance if the proper requirements are met. For more information about the Institute, contact the Division of Mental Health at (502)-564-4448.



CHS-CFC Blood Drive Is Oct. 1-2

A reminder about next month's Services Building Auditorium for blood drive. The Cabinet for Health Services is encouraging all employees to donate blood.

For those of you who have donated recently -- thanks! If you have not had the chance (in the last 60 days) and would like to, the American Red Cross will be accepting blood donations in the Health



Building Auditorium for CHS, as well as CFC employees, on Monday, Oct. 1 or Tuesday, Oct. 2.

Appointments for CHS employees are recommended and can be scheduled by contacting the recruiter in your department or by calling Melinda Stephens, CHS Blood Drive Coordinator, at 564-5705, x 3911.

